Asperger's Syndrome

Why in News?

International Asperger Syndrome Day Celebrated recently.

- **International Asperger Syndrome Day** – It is celebrated in ***February 18***, is a date dedicated to raising awareness about this condition that is part of the autism spectrum.
- Established in honor of the birth of Hans Asperger, an Austrian doctor who first described the set of characteristics.
- This date seeks to broaden social understanding and promote the inclusion of people with Asperger's in all contexts of life.
- **Asperger's Syndrome** –It is a neurodevelopmental condition that falls under the umbrella of ***Autism Spectrum Disorder (ASD).***
- **Symptoms -** Individuals with Asperger's often exhibit specific characteristics, such as
    - **Intense and specific interests -** A deep focus on areas of particular interest.
    - **Preserved cognitive abilities -** Unlike other diagnoses on the spectrum, there is no significant impairment of language or intellectual development.
    - **Social difficulties -** They may find it challenging to interpret facial expressions, body language, or implicit rules in social interactions.
- No two people have the same symptoms.
- **Causes -** The causes of Asperger's Syndrome are unknown. Genetics and brain differences may be involved.
- **Affecting age -** Most diagnoses happen between ages 5 and 9, although some people are adults before they get their diagnosis.
- Although the term "Asperger Syndrome" has been widely used for years, it was integrated into the ASD classification in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) in 2013.
- However, many people still prefer the term because they identify with it.
- People with Asperger's syndrome have average or above average intelligence and usually started talking before age two.
- **Treatment -** Currently there is no cure for ASD.
- Social skills training, Speech-language therapy, Cognitive behavioral therapy (CBT), Applied behavior analysis, Medicine, Parent education and training help managing the condition.
- **Outlook -** Asperger's syndrome is lifelong, but symptoms tend to improve over time. Adults with Asperger's syndrome can learn to understand their own strengths and weaknesses.

References

1. Omaringa | Asperger-Syndrome-Day

2. Webmd | Aspergers-syndrome

